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## STAGE SET FOR SHOWDOWN BETWEEN UNIONS, N.S. GOV'T

BILL WOULD MERGE NUMBER OF  
BARGAINING UNITS IN HEALTH-CARE  
SYSTEM FROM 50 TO FOUR **PAGE 3**

## Walk, don't run, across the street

City extends crossing times  
at intersections **PAGE 5**

## Get a healthy start this fall

Four things you can do to  
boost your mood and your  
immune system **PAGE 16**

A reason  
to listen to  
radio again



# 'I feel the powers that be failed'

**Eastern Passage.** Cow Bay Road business owners say major construction has 'crippled' them — but a councillor says a remedy may be on the way



**RUTH  
DAVENPORT**  
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The regional councillor for Eastern Passage says the wheels are in motion to find a solution to help out local businesses reeling from losses they say are a direct result of a major Halifax Regional Water Commission project.

The seven-week old installation of a deep storm sewer required the complete closure of Cow Bay Road beyond the intersection of Hornes Road, resulting in most traffic being detoured along Caldwell Road — away from the businesses at the bottom of Cow Bay.

"What we're looking at is changing the scope of the project so that we can ... still accomplish what needs to be done, but having one-way traf-

fic all the time or at least most of the time," said Coun. Bill Karsten Monday afternoon, adding he was hoping for an update on the proposed solution "soon."

Karsten met with several business owners last week who pleaded for one lane of the road to be open for the remainder of the project.

John Keizer, owner of Eastern Passage ValuFoods, said consumers who would normally drop by his store as they drove along the community's main artery were now spend-

"I'd probably say 35-45, 50 per cent," said Mike's Dollar Discount owner Mike Collins. "We're breaking even to make it."

A HRM spokesperson said the municipality required the complete road closure because of the depth of the excavation needed for the storm sewer.

"The deeper you dig, the wider you also have to dig to make sure that it's not going to cave in on you," said Jennifer Stairs. "So you can't safely have cars travelling on that one lane in the immediate area of the

### Quoted

**"It's really crippled the merchant community on Cow Bay Road."**

John Keizer, owner of Eastern Passage ValuFoods

ing their money elsewhere along the detour route.

"I feel that the powers that be failed to really analyze the impact of ... the detoured roads," he said, adding he's had to "dramatically" reduce his hours and even lay off staff.

Keizer estimates he's lost 20 per cent in sales, and other business owners peg their losses even higher.

excavation."

Karsten said the project was well-publicized, but acknowledged more focus could have been placed on the road closure.

"I would say, emphatically, we can always do better, and I've certainly learned from this project that more attention has to be done up front to engage people," he said.



Construction workers continue work on a section of the Cow Bay Road in Eastern Passage on Monday.  
JEFF HARPER/METRO



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## FIVE THINGS YOU NEED TO KNOW TODAY

1

### OUT FOR A SPIN

Police in Cape Breton have charged a man who was allegedly driving his ATV down the middle of a Sydney road while speeding and making 360-degree turns.

2

### PATH FORWARD

The province has announced \$100,000 is being given to the city to help build the proposed Porters Lake Core Greenway.

3

### BYNES ON BAIL

Actor Amanda Bynes was arrested early Sunday in California on suspicion of driving while under the influence of a drug, authorities said Monday. She was released on \$15,000.

4

### THIS IS ... PRICEY

A restaurant in the heart of London's swish Mayfair claims to have created the world's most expensive cocktail, in honour of singer Grace Jones, valued at more than \$14,300.

5

### BOYS KNOW BEST?

Iceland is hosting a UN conference on women and gender equality — and only boys are invited. It will be the first time the UN will gather only male leaders to discuss gender equality.

# Unions in uproar over N.S. health-care bargaining bill

**Health Authorities Act.** Critics say worker representation would suffer over cost-cutting

The Nova Scotia government set the stage Monday for a showdown with some of its unions, as it pushed ahead with a bill that could rearrange the membership of the province's four health-care unions by April 1.

The new system would consolidate 50 bargaining units down to four, each assigned to a union that would represent employees that do the same kind of work. The government is touting the bill as streamlining bargaining to reduce the number of times it negotiates new collective agreements with its unions.

Alternatively, the unions have said they want to form a bargaining association to avoid splintering their members in contract negotiations. The association would negotiate collective agreements for different unions, without workers changing the unions

to which they belong.

Workers from four of the province's major public-sector unions were quick to show their disdain for a bill they say will deprive them of the right to choose who represents them.

About 500 union members marched around the legislature, carrying signs calling Premier Stephen McNeil a dictator and chanting for his resignation. Some had come from as far away as Cape Breton and Yarmouth.

Lisa Gentile, a daycare worker from Glace Bay, said it's clear what the Liberal government is trying to do.

"As I see it, they are trying to break the unions and they are going to start with health-care and work their way through," Gentile said.

Melissa Rafter, a nurse at the Victoria General Hospital in Halifax, said the government is looking to cut costs on the backs of workers.

"I think Stephen McNeil wants to go where it will be cheaper for him," said Rafter.

Health Minister Leo Glavine said that, under the Health Authorities Act, a



Unions protest outside of Province House on Monday. JEFF HARPER/METRO

mediator would determine which unions represent the various groups of workers, with input from the unions and employers.

"The mediator will work towards a settlement of those groups so that we have a dra-

matically reduced number of bargaining sessions year in and year out," said Glavine.

But Danny Cavanagh of the Canadian Union of Public Employees said the legislation is heavily weighted in favour of the employers because they

would benefit from the mediation and arbitration phases.

"What if the employers come to the table and continue to say, 'No?' " said Cavanagh. "Then the mediator ... gets to pick stuff, and that's not fair."

THE CANADIAN PRESS

1  
NEWS

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# 'Not OK' to accept Burnside jail conditions, union leader insists

**'Bad' jail?** Saturday assault latest in multiple violent attacks



**HALEY RYAN**

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The president of the union that represents correctional officers at the Burnside jail says although the Justice Department may be correct in stating the facility is no different from any across Canada, "that doesn't mean it's right."

Four officers were assaulted around 10:30 a.m. Saturday at the Central Nova Scotia Correctional Facility after a lockdown that lasted all week. The officers were assessed but did not need medical treatment and no weapons were used.

There have been several serious assaults at the Burnside jail in recent months, including in

**Unavailable**

Metro asked for an interview with Justice Minister Lena Diab on Monday about the Central Nova Correctional Facility but was told she was unavailable.



**Lena Diab**  
JEFF HARPER/METRO

June when inmate Thomas Ted Barrett was allegedly stabbed several times by five other inmates in a day room.

"Despite the attention it often receives, there's very little that differentiates Burnside from other facilities around the country," Nova Scotia Justice Department spokesman Andrew Preeper



The Central Nova Correctional Facility in Burnside. JEFF HARPER/METRO

said via email Monday.

Const. Pierre Bourdages, Halifax Regional Police spokesman, said police are investigating Saturday's incident but

have yet to lay charges against the two suspects.

Joan Jessome, president of the Nova Scotia Government and General Employees Union

(NSGEU), which represents correctional officers, said understaffing is a major issue at the jail and just because other facilities also have issues, "that

doesn't mean it's right."

"If you've got bad jails everywhere ... it's OK? No, it's not OK," Jessome said Monday outside the provincial legislature during a protest for health-care workers.

"Maybe you could be a leader in corrections safety. That's what we'd like this government and this employer to be."

Jessome said the union knew a lockdown to search for contraband and weapons would create tension between inmates and officers, but "we can't go back on creating a better workplace" and lockdowns are part of that.

"They have to get control," she said.

The union is working "behind the scenes" with the employer through a collective bargaining process to put safety practices in place, get adequate staffing and train health and safety committees, Jessome said.

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# Pedestrians 'don't have to rush'

**Infrastructure.** City lengthens crossing time at intersections



**HALEY RYAN**  
haley.ryan@metronews.ca

If it seems like pedestrian signals have been giving you more time to use the crosswalk lately, it's probably not your imagination.

At the end of 2013, HRM began lengthening the crossing time for people using crosswalks with button activation, and it has since moved on to alter automatic light systems, according to city spokeswoman Jennifer Stairs.

"We're making it as fair and inclusive as possible for everybody, and making sure we can all safely get across the street," Stairs said Monday.

Halifax's traffic services participated in a Transportation Association of Canada

## By the numbers

7

According to the city, seven is the number of seconds the walking figure is up on lights that allows people to enter the crosswalk at intersections.

survey last year that looked at cities with an aging population, Stairs said, which recommended that one metre per second was a more appropriate walking speed calculation than the original 1.2 metres.

At a 10-metre crosswalk, that means a pedestrian will now have 10 seconds to cross instead of just over eight seconds.

"It's both the aging population and ... there are a lot more people out there with mobility issues who may take a little bit longer," Stairs said.

The change was outlined in the Pedestrian Safety Action Plan that passed through regional council this spring.

It was created in part to address a spike in the numbers of pedestrians being struck at crosswalks.

Stairs said the calculation change won't affect traffic lights and drivers will likely not notice a difference, but pedestrians might notice the hand signal flashing for an extra two seconds.

"They don't have to rush to get across," Stairs said.

The marked crosswalks activated when pedestrians push a button have now all been changed, Stairs said, and the others with the overhead lights that come on automatically are now being changed over as part of their regular maintenance at no extra cost.

Stairs said all pedestrian signals should be adjusted to the slower crossing time by the end of this year.

## More online

For more news visit  
metronews.ca.



Pedestrians cross at Brunswick and Duke streets in Halifax on Monday. JEFF HARPER/METRO

# Deck maintenance is homeowner's duty: City



A security guard keeps watch on a Brussels Street home on Monday, which was the scene of a weekend deck collapse. JEFF HARPER/METRO

A city spokeswoman says the municipality will inspect any decks as they're being constructed or renovated, but otherwise, maintenance is up to an individual homeowner.

HRM staff were at the home where a third-storey deck collapsed early Saturday, crashing onto another deck below and sending six people to hospital with serious injuries.

"Municipal compliance staff were dispatched to the site this morning to assess the condition and use of the building, including all affected infrastructure, to ensure it's safe for occupancy," said

## Quoted

**"We would just remind people that we can't expect that decks will last forever. They will need some maintenance on a go-forward basis like your home does."**

Tiffany Chase, HRM spokesperson

HRM spokeswoman Tiffany Chase Monday.

Halifax Regional Police carried out a search warrant at the home on Saturday and

interviewed the property owner. Police are working with other municipal officials to determine the cause of the accident.

A private security guard was in front of the home on Brussels Street Monday, and a lone tenant who emerged around 1 p.m. pedalled away on a bike, saying he couldn't speak to reporters.

Chase said property owners are required to obtain permits for new decks or for any renovations, and the decks will be inspected twice during construction. She said the municipality will also respond to any complaints

about potentially unsafe structures.

Homeowners with existing decks are urged to have them inspected annually.

"If they don't know what to look for, they should contact a professional building inspector, an architect, an engineer — someone that would know and could come take a look and make sure that it is safe," she said.

Fifteen people were hospitalized, four with serious injuries, when a deck fell more than three metres to the ground behind a Dartmouth home in late September 2013. RUTH DAVENPORT/METRO

## Report

### Police cleared in death of man killed by own gun

Halifax Regional Police have been cleared of wrongdoing in the death of a man who accidentally shot himself in the head during a foot chase with officers.

The death was reviewed by Nova Scotia's Serious Incident Response Team, which investigates inci-

dents involving police.

The team's report says the three officers had reasonable grounds to attempt to detain the 25-year-old man in the early morning hours of Feb. 9 after responding to a report of a gunshot fired in the downtown core.

The report says the man, while running away, reached into his waistband to grab his .45-calibre revolver. It discharged a shot into his right ear.

THE CANADIAN PRESS

## Vehicle stop

### Two Halifax men charged in Cape Breton drug bust

Two men from the Halifax area are facing charges after Cape Breton Regional Police seized drugs over the weekend.

The street crime unit made a pair of arrests Saturday after a vehicle stop in

the parking lot of Dooley's pool hall on Sterling Road in Glace Bay.

With a search warrant under the Controlled Drugs and Substances Act, police seized drugs — hydromorphone, Dilaudid, Dexadrine and clonazepam — with an estimated street value of \$4,500, as well as a large quantity of cash.

Jodi Lynn Murphy, 31, of Lower Sackville and 29-year-old Matthew Ian Sinclair of Halifax are both charged. CAPE BRETON POST

## Lower Sackville

### Four cars destroyed in suspicious fires

RCMP in Lower Sackville are investigating two suspicious fires at separate car dealerships this past weekend.

Two vehicles were fully engulfed in flames when police arrived at the parking lot of a dealership on Sackville Drive Saturday

morning.

On Sunday night, police were called to another dealership on Sackville Drive as two more cars were fully engulfed in flames.

All four vehicles were destroyed in the fire. No one was injured.

Police have made no arrests.

Anyone with information about the fires is asked to contact police or Crime Stoppers.

METRO

## Injured leg. Moose runs wild, has to be euthanized

A moose that created some excitement in a residential area of Amherst early Monday had to be euthanized because of injuries to its leg.

According to Amherst police chief Ian Naylor, a biologist with the Department of Natural Resources talked to DNR officers on the scene before deciding to put the animal down.

"They provided the biologist with information on the injury to the animal's leg.

"The biologist ... determined the most humane outcome for the animal was to be euthanized."

At around 5:30 a.m., officers got a call about an injured moose near Allison Avenue. They found the animal dragging its rear leg, which it had caught on a clothesline and two pulleys. Its leg appeared to be broken.

The moose then travelled through backyards before lying down on a property on East Victoria Street, near Rupert Street.

When DNR tried to move into a position to shoot a tran-

### Necropsy scheduled

The remains of the moose have been sent to the university for a necropsy to determine if it was afflicted with the moose brainworm.

quilizer dart, the animal stood up and began moving again. The first attempt to tranquilize the animal was unsuccessful and as the team approached the moose a second time, it charged toward them, trampling one of the DNR officers.

Naylor said a police officer fired his pistol once, striking the animal, and then used his Taser but failed to stop it.

The moose then charged the police officer, who fired two more shots from his pistol, turning the animal away.

The moose made its way toward Rupert Street and stopped in the yard of a residence, where the DNR team was able to euthanize it. CUMBERLAND NEWS



A moose next to a car in an Amherst neighbourhood on Monday. CUMBERLAND NEWS

# Paramedic forced oral sex on elderly patient, trial hears

**Suspended from his job.** James Keats facing numerous sexual-assault allegations

The first trial for a suspended paramedic accused of sexually assaulting six female patients, including one East Hants woman, is underway in Windsor.

James Duncan Keats, 48, was in provincial court Monday for the start of a two-day trial focusing on alleged sexual assaults involving a Mount Uniacke woman.

The Kentville man is accused of sexually assaulting the woman on two occasions: once in the back of an ambulance in September 2012 and while responding to a call for assistance in her home in May 2013.

Crown attorney Bill Ferguson called the complainant to the stand as the first witness to provide testimony in the case.

The 72-year-old complainant testified both she and her husband have a number of medical issues.

She told the court the local fire department and paramedics visited their home in May 2013 after her husband fell and needed assistance. She testified that Keats and a younger paramedic responded to the call.

She said she stepped outside the kitchen while the younger paramedic assisted her husband to give them more room.



James Keats leaves Windsor provincial court on Monday for Day 1 of his sexual assault trial. HANTS JOURNAL

She testified Keats accompanied her upstairs to her bedroom to check her heart.

She said she was wearing a housedress that had a zipper, and wearing panties underneath the dress.

The complainant said Keats initially sat on a chair beside the bed and then told her he'd have to unzip the dress to check for abdominal bleeding.

She said Keats informed her he would have to move her breasts to check her heart with the stethoscope, and then said he should check lower.

She said Keats pressed on her stomach and then pulled her underpants down to her ankles to check for bleeding

### The trial continues

Defence lawyer Chrystal MacAulay will continue her cross-examination of the witness Friday in Windsor provincial court.

and then started to perform a sexual act on her.

"I said, 'No, it's not going to happen,'" she testified.

From there, the complainant testified Keats swung her legs to the side of the bed and removed her underwear.

"He was telling me how wonderful I would feel and how he would help me," she said.

She said she once again told Keats no, but he started performing oral sex. She told him he would hurt her, but Keats initiated sexual intercourse anyway.

The woman also testified Keats undressed her and fondled her in an ambulance on one previous occasion.

Defence lawyer Chrystal MacAulay cross-examined the complainant for nearly three hours in the afternoon.

At one point in her testimony, the complainant said she did not recognize Keats from her first encounter with him in the ambulance because of the way he wore his facial hair. HANTS JOURNAL

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## Wolfville. Police look for man approaching women, posing as first responder

The RCMP in Wolfville are seeking the public's assistance after a third-party report last week of someone posing as a first responder seeking to care for intoxicated females.

The report, which came from Prospect Street on Friday, said the male styled himself as a paramedic or firefighter with police connections.

"We are asking the public for further information because there are no authorized individuals like that," said Const. Kelli Gaudet of the RCMP said.

### Contact police

RCMP say if anyone is approached by the suspect they should contact police.

Police believe they are aware of the man's identity, but do not have first-hand information about him offering to assist.

The male has both a criminal record and a history of mental illness, the RCMP say.

KING'S COUNTY REGISTER

### Multiple charges

## Teacher facing sex charges to enter plea in January

Former Thorburn Consolidated teacher Amy Hood will be back in court on Jan. 7 to enter pleas on sex charges. She elected Monday to be tried in provincial court.

The delay is to allow the Crown to have its own experts interview Hood for a mental health assessment.

Hood faces multiple charges, including one count of sexual assault, two counts of luring minors over the Internet for sexual purposes and two counts of sexual exploitation of a young person.

NEW GLASGOW NEWS

# First Nation group plans to slow down highway traffic for protest

**Mi'kmaq.** Protesters aim to halt construction of Alton Natural Gas Storage's underground salt caverns

A group of Mi'kmaq protesters and their supporters are planning to slow down traffic on one of Nova Scotia's main highways this week, in a bid to stop construction of a natural gas storage facility near Alton.

Group spokeswoman Cheryl Maloney says the protesters planned to light a ceremonial fire and set up a teepee Monday near Highway 102 north of Stewiacke, but the actual traffic slowdown won't happen until Wednesday morning.

Some of the 20 or so protesters at the site, about 60 kilometres north of Halifax, placed placards by the side of the highway on Monday. Highway 102 links Halifax with Truro, where Highway 104 extends to New Brunswick in the west and Cape Breton in the east.

The First Nation bands in nearby Millbrook and Indian Brook want the project stopped because they say there hasn't been enough consultation regarding the potential impact on the environment, Maloney said in an interview from the protest site.

"This has gone under the radar of local citizens who are now just saying, 'What is going on?'" she said.

Alton Natural Gas Storage, a subsidiary of Calgary-based AltaGas, wants to store natural gas in three salt caverns that will be about 1,000 metres underground.

Each of the caverns is expected to measure about 80 metres high by 50 metres wide, about the size of an average office building.

To create the caverns, the company plans to drill into the salt formations and pump in water from the nearby Shubenacadie River to dissolve the salt. The leftover brine water will then be slowly pumped back into the river system.

The company's website



Darlene MacDonald holds a sign along Highway 102 in opposition to the construction of a natural gas storage facility. ANDREW VAUGHAN/THE CANADIAN PRESS

says drilling for the first cavern started last month.

Maloney says the company

has brought in bulldozers to make access roads and clear the area. THE CANADIAN PRESS

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# Lawyer says Luka Magnotta isn't criminally responsible for murder

**Montreal.** Accused in notorious 2012 slaying of student Jun Lin suffers from schizophrenia, court hears on trial's first day

Luka Rocco Magnotta is schizophrenic and was not criminally responsible when he killed Chinese student Jun Lin in 2012, his lawyer told jurors Monday.

Magnotta has been diagnosed with borderline personality disorder and there is a history of schizophrenia in his family, Luc Leclair said on the first day of the highly publicized first-degree murder trial.

"I intend to show to you that at the time of the events, he was not criminally responsible," Leclair told the eight women and six men who will

hear the evidence.

His comments capped a stunning morning in the courtroom that began with Magnotta, 32, entering fresh not-guilty pleas to five charges, including murder.

Quebec Superior Court Justice Guy Côté then advised the jurors that Magnotta had admitted to committing the crimes and that their task over the next six to eight weeks would be to determine his state of mind at the time.

Leclair revisited the matter as he spoke to the jurors.

"Mr. Magnotta has admitted the physical acts for each of the offences," he told them. "The other part to each charge is the mental part — so the defence will be focusing on that."

Leclair took the unusual step of addressing the jurors before the Crown had presented the outline of its entire case. He said he wanted to ensure the

jury didn't think it was simply "wasting its time."

The lawyer said a large number of medical files will be presented and he hopes that Magnotta's relatives will testify as well.

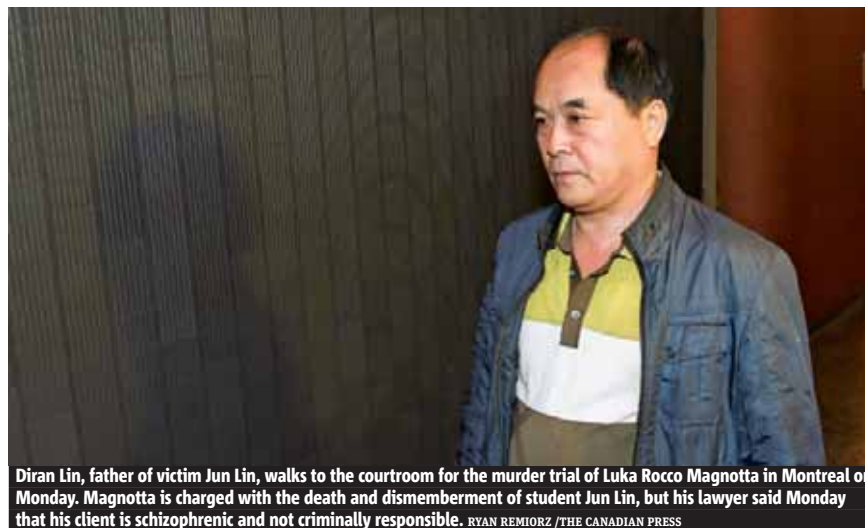
Crown prosecutor Louis Bouthillier told jurors he expects to show them the crimes were premeditated.

"The two words you should have in mind while listening to the evidence are 'planned' and 'deliberate,'" he said.

Magnotta was impassive as Bouthillier said the testimony of a journalist from England will indicate Lin's murder had been in the works for six months.

He said the reporter and his media organization received an email in December 2011 that shows Magnotta was intending to kill a human and film the event.

"This email makes it clear



Diran Lin, father of victim Jun Lin, walks to the courtroom for the murder trial of Luka Rocco Magnotta in Montreal on Monday. Magnotta is charged with the death and dismemberment of student Jun Lin, but his lawyer said Monday that his client is schizophrenic and not criminally responsible. RYAN REMIOWZ / THE CANADIAN PRESS

that Mr. Magnotta was planning to kill a human being and that he was going to make a movie,"

Bouthillier told the jurors.

He also said they will see Lin's last moments alive, im-

ages that were captured by a surveillance video at a Montreal apartment. **THE CANADIAN PRESS**



A building in Rouleau, Sask., made famous by the hit TV series Corner Gas burned to the ground Sunday night. JOAN CLARKE / THE CANADIAN PRESS

## Corner Gas landmark burns down

A building made famous by the hit television series Corner Gas, about small-town Saskatchewan life, burned to the ground on Sunday night.

Grant Clarke, mayor of the small town of Rouleau, Sask., where the former CTV comedy was filmed, said

hundreds of people watched as flames engulfed the building.

The structure was used as the local supermarket Foo Mart in the show that featured the fictional town of Dog River. It had become home to a business manufacturing orthopedics.

Clarke said the fire was reported around 5 p.m. as 180 people attended an anniversary party at the nearby town hall.

"Someone came in and said there's smoke coming out of the adjoining business," said Clarke.

The fire had grown quick-

ly by the time emergency crews arrived.

"By that time, there was too much smoke and heat. Really they weren't able to get into the building."

Police said no one was hurt and no other buildings were damaged.

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#### Health

#### Medical body-scan business attracting Canadians to U.S.

A U.S. company that's been scanning the internal organs of Canadians for years says it attracts cross-border clients with the pitch it can detect hidden health risks before it's too late.

The company's owner says the ads have been drawing Canadians to temporary clinics in U.S. border towns for at least a decade.

Some physicians recommend a cautious approach to unprescribed ultrasounds because results can be wrong, such as identifying a medical problem that doesn't exist. **THE CANADIAN PRESS**

#### Fighting extremism

#### Anti-radicalization booklet issued by Islamic groups

Islamic groups across Canada have issued a booklet aimed at helping parents recognize when their kids are at risk of being radicalized.

The Islamic Special Services Association says the goal is to help get to young people before radical extremist groups.

The association says the 37-page booklet will also help youth understand that the Qur'an is being distorted by extremists.

The National Council of Canadian Muslims is helping to distribute the material.

**THE CANADIAN PRESS**

#### 'In poor taste'

#### Sun Media offers on-air apology for Trudeau rant

Sun Media apologized on Monday for an on-air rant by Ezra Levant about Liberal leader Justin Trudeau.

The apology came at the beginning of Levant's Sun News Network show. It was read by a narrator; Levant didn't deliver the mea culpa.

"It is the view of Sun News that this segment was in poor taste and should not have been aired," the narrator intoned. "We understand why many viewers found both the content and language of this segment to be offensive. We apologize to Mr. Trudeau, his family and to our viewers."

**THE CANADIAN PRESS**



## Fewer jobs, no kids. Low birth rates associated with recession: Study

During recessions women have fewer babies according to new research. A new study suggests that some women living in the U.S. through an economic downturn are less likely to have kids.

Past studies have generally shown women cut back on having babies when unemployment rises. In tough times many couples feel they can't afford to start or add to a family, therefore births decline.

Researchers used birth records and census data to track the reproductive histories up

### Recessions and wombs

The report says 151,000 women who were in their 20s during the 2008 recession will forgo having children.

- **Lasting impact.** Report says this means about 427,000 fewer births.

to age 40 for every woman born in the U.S. from 1961 to 1970. That's about 18 million people. **THE ASSOCIATED PRESS**

### Not a Jane Austen fan

## U.K. man gets 18 weeks' jail time

A 33-year-old man was sentenced to 18 weeks in prison for sending menacing messages to a lawmaker who supported a campaign to put Jane Austen on a banknote.

District Judge Elizabeth

Roscoe found Peter Nunn of Bristol guilty of sending indecent, obscene or menacing messages and for tweeting Twitter posts that threatened rape and murder.

The case grew out of the successful Austen campaign, which prompted abuse on Twitter from trolls — online bullies who send abusive messages. **THE ASSOCIATED PRESS**

# Long-acting birth control a better defence: Doctors



A model holds the Nexplanon birth control hormonal implant. Sexually active teen girls are encouraged to use IUDs or hormonal implants, birth control methods the American Academy of Pediatrics says are more effective than simply using birth control pills or condoms. MERCK, FILE/THE ASSOCIATED PRESS

### Superior success rate.

IUDs and hormonal implants are near 100 per cent effective, U.S. pediatrics group says

Teen girls who have sex should use Intrauterine devices (IUDs) or hormonal implants — long-acting birth control methods that are effective, safe and easy to use, a leading American pediatricians group said.

IUDs are small, T-shaped devices containing hormones or copper that are inserted into the womb to prevent pregnancy. Hormone-based implants are matchstick-size plastic rods that go under the skin of the upper arm.

In an updated policy, the American Academy of Pediatrics says condoms should be used every time teens have sex to provide protection against sexually transmitted

diseases that other forms of birth control don't provide. While condoms are the most common birth control choice among teens, they are among the least effective methods.

The pediatrics group said both IUDs and hormonal implants have lower failure rates — nearly 100 per cent effective — than birth control pills, patches and injections.

While more expensive initially, the medical procedure saves people money in the long-run compared to over-the-counter birth control options that must be consistently used, said Dr. Mary Ott, a pediatrics professor at Indiana University.

IUDs last between three to 10 years, while hormonal implants last three years.

"All methods of hormonal birth control are safer than pregnancy," Ott said.

The revised policy also addresses how excess body weight impacts the effectiveness of birth control.


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## Community Health Team



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As well, the Chebucto Community Health Team has expanded to the Clayton Park and Fairview area.

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##### Sackville Lions Club

101 Old Beaver Bank Road  
October 20 • 9:30am – 12:00pm

##### Cornerstone Wesleyan Church

1215 Hammonds Plains Road  
October 20 • 6:30pm – 9:00pm

#### HALIFAX PENINSULA

##### Halifax Forum

Maritime Hall, 2901 Windsor Street  
October 21 • 9:30am – 12:00pm &  
6:00pm – 8:30pm

##### Highland Park Junior High

3479 Robie Street  
October 22 • 6:00pm – 8:30pm

#### CLAYTON PARK & FAIRVIEW

##### Saint Benedict Parish

45 Radcliffe Drive  
October 23 • 6:00pm – 8:30pm

##### Fairview Legion

50 Hillcrest Street  
November 4 • 3:00pm – 5:30pm

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# Police in Hong Kong ease up on protesters

## 87 rounds of tear gas.

Forceful attempts to disperse demonstrators Sunday drew tens of thousands more people into the streets

Hong Kong's embattled police defended their use of tear gas but softened their tactics Monday after forceful attempts to quell pro-democracy protests drew tens of thousands more people into the streets in an unprecedented show of civil disobedience.

"The students are protecting the right to vote, for Hong Kong's future. We are not scared, we are not frightened, we just fight for it," said Carol Chan, a 55-year-old civil service worker who said she took two days off to join the protests after becoming angered over police use of tear gas Sunday.

Instead of candlelight, a few hundred people staged a brief "mobile light" vigil Monday night, waving their glowing cellphones as the protests stretched into their fourth day. Crowds chanted calls for the city's unpopular leader, Chief Executive Leung Chun-ying, to resign, and sang anthems calling for freedom.

Students and activists have been camped out since



Student protesters connect electric extension cords to charge their phones during a sit-in protest in Hong Kong, Monday. WALLY SANTANA/THE ASSOCIATED PRESS

late Friday, demanding that Beijing grant genuine democratic reforms to the former British colony.

Signalling it doesn't expect a quick end to the demonstrations, the government said it was cancelling a fireworks display planned for Wednesday's celebration of National Day.

During that holiday and a traditional holiday on Thursday, still larger crowds could flood the streets.

THE ASSOCIATED PRESS

#### Political dilemma

## Beijing can't crack down too harshly

Pro-democracy protests in Hong Kong have handed China's Communist leadership a thorny political dilemma. Beijing cannot crack down too harshly on the

semi-autonomous territory where a freewheeling media ensures global visibility, but it is determined to end the demonstrations quickly so as not to embolden dissidents, separatists and anti-government protesters elsewhere in China. It has blocked most news and images of the protests from being published on the mainland.

# Artists target U.S. gun violence in exhibit at New Orleans gallery

The wall of a downtown New Orleans art gallery has been riddled with bullet holes.

It's not another act of brazen gun violence but rather a thought-provoking work of art. In each hole is a bullet casing, its back painted with the tiny portrait of a child under the age of 6 killed in New Orleans gunfire.

The persistence of urban gun violence has inspired more than 30 artists from across the country to contribute to the exhibit, Guns in the Hands of Artists.

The artists took the stocks, barrels, cylinders and other parts of dismantled guns slated

to be destroyed through a city buyback program and transformed them into art. The exhibit is opening Oct. 4 at the Jonathan Ferrara Gallery in New Orleans, for decades one of America's deadliest cities.

Although murder rates are down from recent years, shootings persist. A pizza delivery driver was recently shot to death during a delivery. Over the summer, a drive-by shooting left two people dead and several others injured, including a woman and her two young children. Another shooting killed a woman on the city's famous Bourbon Street.

THE ASSOCIATED PRESS



This Tuesday photo shows a detail of the artwork Marigny Warning by John Barnes at Dillard University in New Orleans. GERALD HERBERT/THE ASSOCIATED PRESS



## A bailout, with strings attached

The Trump Taj Mahal Hotel and Casino in Atlantic City, N.J., is pictured in 2007. Opened in 1990, the hotel includes 1,250 guest rooms. Gambling has been legal in Atlantic City, one of the few such cities in the United States, since the first casino opened in 1978. Billionaire Carl Icahn is considering spending \$100 million US to save the Trump Taj Mahal casino from closing. But the offer comes with considerable strings attached: Icahn is willing to consider the bailout "if and only if" he gets big givebacks from the casino workers' union, steep tax breaks from Atlantic City and county, and \$25 million in funds from a New Jersey agency.

SAUL LOEB/AFP/GETTY IMAGES



### 'Tis the season to shop?

## Macy's is boosting staffing for holiday shopping season

Macy's plans to hire about 86,000 seasonal holiday workers across America to bolster its stores, call centres and distribution hubs, a 3.6 per cent increase from last year.

The department store chain, which also operates Bloomingdale's, said Monday that the growth is being fuelled by its expanding online business.

THE ASSOCIATED PRESS

### Holt Renfrew

## The store for ladies who lunch opens a menswear shop

Holt Renfrew is preparing to open its first store devoted to menswear.

The Canadian luxury specialty retailer is launching Holt Renfrew Men, in downtown Toronto on Wednesday.

The two-level location is just steps away from the retailer's flagship Bloor Street store, and is part of its growth plan to expand its store network by 40 per cent.

Holt Renfrew president Mark Derbyshire says the move to open a men's store is part of the retailer's efforts to "redefine luxury."

THE CANADIAN PRESS

## Banks. U.S. government tried to regulate banking fees, so banks got creative

The penalty for using an ATM that is not affiliated with your bank went up five per cent over the past year in the U.S.

The average fee for using an out-of-network ATM climbed to a new high of \$4.35 US per transaction, according to a survey released Monday by Bankrate.com.

Overdraft fees also surged, rising on average over the past 12 months to \$32.74. That's the 16th consecutive record high, the firm said.

Chequing account fees have been increasing as lenders adjust to federal banking laws and regulations enacted after the 2008 financial crisis. Among the changes: limits on when banks can

charge overdraft fees on ATM and debit card transactions and a reduction in the fees that banks charge merchants for each customer who uses credit or debit cards for their purchases.

Lenders have responded by hiking overdraft and ATM fees, as well as increasing how much money customers must maintain in the bank to avoid chequing account fees.

"I expect fees to continue increasing in years to come, but at a modest pace consistent with what we saw this year, just as was the case prior to the onset of these regulations," said the chief financial analyst at Bankrate.com.

THE ASSOCIATED PRESS



New regulations in the wake of the Great Recession have led banks to getting creative to extract fees from customers in the U.S. BARBARA LABORDE/AFP/GETTY IMAGES

### Market Minute



**DOLLAR**  
89.66¢ (+0.01¢)



**TSX**  
14,976.92 (-49.85)



**OIL**  
\$94.57 US (+\$1.03)



**GOLD**  
\$1,218.80 US (+\$3.40)

**Natural gas:** \$4.14 US (+\$0.11)  
**Dow Jones:** 17,071.22 (-41.93)

# Giving the Big 3 a run for their money

## Competition Bureau.

A fourth national wireless carrier would mean lower prices, says senior economist

Introducing a new national wireless carrier in Canada would result in lower consumer prices, but regulators need to do more than simply cap wholesale roaming rates to make that happen, the competition watchdog has told the country's telecom regulator.

The Competition Bureau called for new wireless regulations as the Canadian Radio-television and Telecommunications Commission launched into yet another delicate juggling act aimed at ensuring that both consumers and industry players benefit from a healthy wireless marketplace.

In a second of three major hearings being held this fall, the CRTC began public discussions Monday over the health of what is considered the backbone of Canada's retail mobile services sector: the wholesale wireless market.

The bureau told the regulator it must act to prevent the big three wireless carriers — Bell, Rogers and Telus — from stifling any new competition.

### Hold the phone

Despite the impression of some Canadians that they pay among the highest cellphone rates, consumers in many other countries pay more, said the Montreal Economic Institute.

- "Prices in Canada are lower than in the United States, Japan, and Australia," the institute said in a statement.

"An additional nationwide carrier would increase choice, expand mobile wireless penetration in Canada ... and drive down the incumbents' average retail prices by about two per cent," bureau senior economist Patrick Hughes told the hearings.

The CRTC is examining whether more regulation is needed to taper or cap the wholesale rates cellphone carriers charge other wireless companies to allow their customers to roam outside of their home networks.

And while the commission is not examining the roaming rates consumers pay, Hughes told the hearings that wholesale and retail markets are inherently linked.

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# ELLO, IS IT ME YOU'RE LOOKING FOR?

Facebook celebrated its 10th anniversary back in February, which means many of us early adopters have spent over a decade with the now-ubiquitous social network. There have been plenty of growing pains along the way of course; in recent years, the loudest complaints from users have been concerns over privacy and the saturation of advertising.

Enter Ello, a new site hyping itself as the simple, beautiful and ad-free alternative to the world's largest social networking platform. Currently still in its invite-only stage, more than 35,000 people an hour are requesting to join the beta-phase bandwagon. Ello's uncluttered Tumblr-esque design features plenty of whitespace and is noticeably free of promoted posts and sponsored content.

The site doesn't have an "about" page; it has a rather dramatic anti-establishment manifesto intended to lure users away from Facebook by pointing out FB's pitfalls. "Every post you share, every



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

friend you make and every link you follow is tracked, recorded and converted into data," it reads. "You are the product that's being bought and sold."

But isn't that always true, to a certain extent?

We rent out our eyeballs to advertisers every time we open a magazine, turn on the television or go to the movies. There's no such thing as a free lunch; someone is always going to try and sell you something, whether it's a product, a service, or an ideology.

Anyone who spends hours a day on a free website should forfeit any naive notions about privacy. It's your choice if you want to give up personal data in exchange for access to an open platform that al-

lows you to connect with friends and family across the world, share and store images and send out party invitations with ease.

My own Facebook newsfeed is full of promotional content

hawking wedding rings and weight-loss supplements. You can tell what sort of top-secret personal information advertisers are gleaned from my account: oh, a woman in her 20s — she must be desperate to be married and thin!

I'm more inclined to laugh and roll my eyes than feel like my privacy has been violated. Like any good millennial Internet user, I've simply trained myself to gloss over the ads and recognize promoted content over the legitimate updates.

Ello promises that it will never collect or sell your data to third-party advertisers. The site plans to generate revenue through other methods such as charging users a fee to personalize their profile page or download value-added features. I guess time will tell if this strategy actually pays off. I suspect most of us won't be willing to pay for services we're used to getting for free.

Despite its radical proclamations of transparency and social revolution, Ello just seems like another online destination to add to our growing list of passwords to remember and profile photos to stress over.

## Burn your demons



Indian workers prepare to transport effigies of mythical demon king Ravana as part of Dussehra festivities in Mumbai, India, Monday. The effigies will be burned at the end of the 10-day long festival symbolizing the victory of good over evil. RAFIQ MAQBOOL/THE ASSOCIATED PRESS

## Good triumphs over evil at Dussehra festival

Dussehra, considered one of the most important Hindu festivals, is celebrated across Nepal, India and Bangladesh in various incarnations.

The festival celebrates Lord Rama's victory over the 10-headed demon king, Ravana. The day also marks the

Goddess Durga's triumph over demons.

This year's festival kicks off Tuesday. It is usually celebrated in September or October on the 10th day of the month of Ashwin, according to the Hindu lunisolar calendar, with nine days of celebrations leading up to it. This corresponds to the Indian harvest season.

To ensure the renewed productivity of the soil, the Mother Goddess is said to be invoked.

Many people of the Hindu faith observe the celebrations through social gatherings and food offerings at home and in temples throughout India and Nepal. Parades are also held and effigies of Ravana are burned at bonfires. **METRO**

### Etymology

- **Dasha (sun)**  
**Hara (defeat)**

The name Dussehra is derived from Sanskrit. It can be translated as "remover of bad fate."

### MetroTube



## Meow wow



**ANDREW FIFIELD**  
andrew.fifield@metronews.ca

It's not for us to tell you how you should go about enjoying a video of adorable kittens in tiny cowls performing stunts and plotting violence. But we would be remiss to not point out how the details — the guards doing nothing at all, dramatic leaps into haystacks — point to a genuine affection for the Assassin's Creed series. If you're into this, there's a whole lot more where it came from at youtube/mrtvcow.



SCREENGRAB

### Twitter

@metropicks asked: Girl meets girl. Girl falls in love and proposes at Brooklyn Bridge but loses ring, dropping it forty feet. Girls crestfallen. NYC cops find ring. Girls thrilled. What's your best lost and found story?

@SudioC: My dad lost wedding ring raking leaves. It was found the following June, on wedding anniversary, after he died.

Join the conversation @metropicks.



## SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 33 in Scene and page 26 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
3. Voilà! You should see the AR in action.





DVD review



## Transformers: Age of Extinction

Director. Michael Bay

Stars. Mark Wahlberg

Transformers: Age of Extinction, the regrettable fourth emission from Michael Bay's robot alien movie franchise, is long, loud and really stupid.

With a whole new cast of humans plus some additional robots, featuring Mark Wahlberg as lead gawker replacing the skedaddled Shia LaBeouf, director Bay has essentially rebooted his own series.

But with a bloated running time of 165 minutes, neither he nor screenwriting accomplice Ehren Kruger seems to understand or care where this noise goes anymore.

This is a property known for huge explosions and clanking machinery, and if that's what you want, Age of Extinction has plenty. As for intelligence, wit and genuine thrills, not so much.

Surrounding these ear-bashing bots are a gaggle of dumbfounded and/or malevolent humans and, frankly, everyone here is as boring as a tax seminar.

As a character says all too knowingly, something Bay should take to heart: "Tank's empty, bro."

PETER HOWELL

# Lykke Li is Sleeping Alone and OK with it

**I Never Learn.** Swedish singer talks songwriting and growing up

KASIA PILAT  
Metro in Boston

The day before she kicks off a three-month tour, Lykke Li is in Seattle, about to rehearse for her performance at the Moore Theatre the following night. Any musician would certainly feel some pressure facing such an intimidating tour schedule: 26 cities in 47 days, down both coasts of the States with a night in Canada and one in Mexico before eight nights in Germany, France and the U.K. But if Li feels it, she sure isn't letting it show.

"When I write, I just write whatever I'm feeling and I try to not censor myself, as I know that the truth is the most powerful," the 28-year-old Swedish chanteuse tells us of the songwriting habits that led to her three full-length albums: 2008's compelling breakout debut Youth Novels, 2011's Wounded Rhymes and I Never Learn, released earlier this year.

The albums were all met with across-the-board critical and popular acclaim, but it would be unfair to reduce Li's success to her having figured out some sort of tried-and-tested formula — the perfect combination of salty and sweet, a balance between defiance and compliance that defines her signature sound, like the dancery I'm Good, I'm Gone, off her debut album. In the end, at the



Scan this photo with your Metro News app to watch the video for Gunshot, the second single from Lykke Li's album I Never Learn.

core of Li's music there is pure, unrestrained honesty.

I Never Learn completes a truth-telling trio of albums, the last of three Li was contracted to make when she signed her record deal with LL Recordings.

"I made a choice early on,

on my first record, to write very biographically about the pains and hardships and being a young woman, and I think that this time between 21 and 27 are really kind of what defines you, what's going to define who you become, so I real-

Mmmm

Music, movies, modelling and... mezcal?

- In addition to a contract with VIVA Model Management agency, an acting gig in the Swedish crime film Tommy and an appearance on U2's The Troubles, Li plans to start a mezcal company. But her music is never far from her mind.
- "I always want to grow as a songwriter. So whenever I'm done with a tour, I'm going to write songs about my feelings."

ized I already started making a trilogy subconsciously and then I ended it with I Never Learn," she says.

In I Never Learn, Li airs out a range of sentiments that, in the hands of a less talented songwriter, could quickly have devolved into self-absorbed indulgence.

But hurt, shame, sadness, guilt and longing are her songs' specialties, and the album wraps up neatly with the closing track, Sleeping Alone, where Li seems to give in to her gut feelings once and for all. "Love was my shoreline / I stare myself blind / Now was not out time / No I let you down" is a long way from the Youth Novels of six years ago.

"That's what naturally happens to you as a woman, you are someone at 21 and you're someone else at 28, hopefully," says Li. "And hopefully you've lived and learned and crashed and burned."

# 2 SCENE

# Seniors

are welcome to join us on **Wednesday October 1st** and **Saturday October 4th** to celebrate **Seniors Day** with a **Fashion Show** by Alia N Tan Jay in our new

Food Court at 2:00pm followed by **barbershoppers** East Coast Carolers in Centre Court at 3:30pm, also, Charm Diamond will provide **Free Ring Cleaning and Inspection** all week in store, and **refreshments** to be served kind of

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# Novel Cronenberg-style — eat, prey, lust

**Consumed.** Body-horror director realizes childhood dream with release of his first book — a tale of mutilation and cannibalism

As a kid, body-horror master David Cronenberg thought he would become an author, not an auteur.

His father was a writer and Cronenberg says penning story and dialogue also came easily to him growing up in Toronto.

"If you had asked me when I was 16, I would have said, 'I'm sure I'll have published my first novel by the age of 21,'" the celebrated writer-director said in a recent telephone interview.

Fifty years after that target, that childhood dream has finally come to fruition with the publication of Cronenberg's debut novel, *Consumed* (Hamish Hamilton Canada, in stores Tuesday).

The story of two young journalists pursuing different but intersecting projects has all the



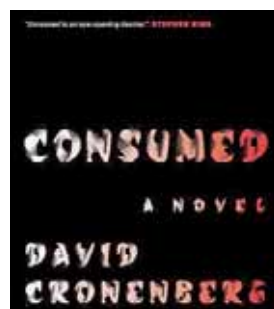
Director David Cronenberg has released his first novel, *Consumed*.  
EVAN AGOSTINI/INVISION/THE ASSOCIATED PRESS

hallmarks of a typical Cronenberg thriller — from body mutilation and cannibalism to science fiction and kinky erotica.

The crime mystery starts with Canadian journalist Naomi Seberg investigating a grisly case involving an illustrious pair of philosophers from Paris. Celestine Moreau and Aristide Arosteguy were seemingly

happy in their unconventional marriage — until authorities announced she was found butchered and partially eaten in the couple's apartment, and he was a suspect.

As Naomi travels to Tokyo to find the missing Aristide, her boyfriend Nathan Math gets caught in a web of stories involving a Hungarian surgeon,



his breast-cancer patient and a Toronto doctor who was the founder of a sexually transmitted disease that Nathan contracts.

Cronenberg, 71, said he started writing the labyrinthine tale eight years ago. The Fly director originally intended it to be a screenplay but it wasn't working, so he decided to turn it into a novel on the advice of Nicole Winstanley, president and publisher of Penguin Canada.

He made four or five movies during the writing process — including the upcoming *Maps to the Stars*, out Oct. 31 — and "would literally have to

take a year away from writing the novel or more" before returning to it.

"It was a very strangely sort of segmented kind of writing, very odd, and probably not the way most people do it, and I would love to know what it would feel like to sit down and write a novel and see how long it took — a year, two years, whatever, and maybe that's what I'll do next," he said.

Yes, that means he'd like to write another novel.

"I really enjoyed it a lot," said Cronenberg. "It's so completely different from any other kind of writing I've done — screenwriting, primarily, and it's very, of course, different from movie-making in general, and yet you are dealing with the imagining in your mind of the characters, of the place. You're kind of moving characters around a room as they talk, and that is sort of like directing."

Cronenberg said he got the inspiration for *Celestine and Aristide* from the likes of Jean-Paul Sartre and Simone de Beauvoir, noting: "The idea of a philosopher as a public figure is very traditional in France,

where you wouldn't find it in America."

France is where Cronenberg is an Officer in the Order of Arts and Letters and is the homeland of his favourite filmmakers of the '50s and '60s, including Jean-Luc Godard and Francois Truffaut.

Cronenberg's passion for photography is also felt throughout the story, as Naomi and Nathan frequently discuss and ruminate on which cameras to use. Cameras are but one of many technological devices referenced in the book.

Overall, the story speaks to our obsession with our devices and technology.

"It's kind of a strange, deforming mirror, like a fun-house mirror, technology," said Cronenberg. "In the 1950s sci-fi world, technology was always inhuman and evil, it was like dehumanizing, and I never bought that because I thought technology comes from us."

"We are the only creatures who really create technology on this scale and it is absolutely a reflection of what we are, the good part and the bad part."

THE CANADIAN PRESS

## Professor Domestic Medium Hair

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## Star Trek. Could Shatner reprise Captain Kirk role?

Thirty years after his last performance as the intergalactic hero Captain Kirk, William Shatner has been contacted by J.J. Abrams about playing the intergalactic hero in the third instalment of the *Star Trek* films.

At Wizard World Nashville Comic Con, William Shatner confirmed the rumours that had been swirling for several days.

The actor admitted that while J.J. Abrams did indeed reach out to him about reprising the role in *Star Trek 3*, it remains to be seen how he might go about it. Chris Pine, who portrayed Kirk in the most recent film, is 34. Shatner is 83.

"How do you get me 50 years later into the movie? How do you rationalize it? I know it's science fiction, but even I couldn't come up with an idea," Shatner told his fans at the event in Nashville.

While speculating about Shatner's potential role, *Star Trek* fans are also awaiting official confirmation of the next movie's director, though all signs currently point to Roberto Orci. J.J. Abrams, who declined to direct the movie in order to focus on *Star Wars VII*, remains involved as a producer. Paramount plans to release



William Shatner admits it would be a stretch to write him into the new *Star Trek* films. AFP FILE

Quoted

"How do you get me 50 years later into the movie? How do you rationalize it? I know it's science fiction, but even I couldn't come up with an idea."

William Shatner

the new feature in 2016, in time for the 50th anniversary of the original TV series.

AFP

### Hollywood

## Tarantino set to start filming in Colorado in December

Quentin Tarantino's next Western, *The Hateful Eight*, moves closer to production with Colorado picked for its on-location shoot starting in December.

Put on hold when the script was leaked in January 2014, *The Hateful Eight* is alive and kicking, with Colorado's Economic Development Commission confirming its status. Tarantino had suggested a 2015 release back in May, following an authorized, ticketed live read event in April. Shooting is set to start on December 8 at the 900-acre Schmid Ranch, 15 kilometres west of Telluride. AFP



Quentin Tarantino  
AFP FILE





Lindsay Lohan ALL PHOTOS GETTY IMAGES

## Relatively speaking: Lohan's got a go-to answer for cranky critics

Lindsay Lohan is countering critics of her West End debut, *Speed-the-Plow*, with a point that's really, really hard to refute: It could've been so much worse. While some have focused on flubbed lines and uninvited audience laughter during her first week of previews, "It could've been a disaster — but it wasn't by far," Lohan tells the *Daily Mirror*. "I could've not shown

up. But of course I did, it's my show. I'm doing the best I can and will for the duration." If you say so! The best part? It's a rhetorical device you can employ in your own life. The next time your boss is disappointed in your performance, simply offer back that at least you didn't release rabid land-sharks into the office. Manage expectations, people. Manage expectations.

## Yarr prayers have been answered: Pirates to set sail on screen for fifth time

It's really happening, mateys. The fifth film in the *Pirates of the Caribbean* franchise is getting under way Down Under, with pre-production starting this week on Australia's Gold Coast, according to the *Daily Mail Australia*. Actual filming, though, won't get underway until February 2015, when Johnny Depp is confirmed to arrive to reprise his role as Capt. Jack Sparrow. Orlando Bloom is also said to be in discussions to return to the franchise. Pay no attention to the



Johnny Depp

fact that, much like the fourth film that shot in Hawaii, this one is being made nowhere near the actual Caribbean.

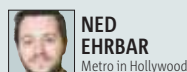
# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## London calling: Pattinson says Cali's starting to lose its cool



NED  
EHRBAR  
Metro in Hollywood

Great job, Los Angeles. You went and scared off another one. *Twilight* star Robert Pattinson is apparently checking prices on last-minute flights to London. "I think I might be done with Los Angeles. I've just realized that in the past few weeks," Pattinson tells

The Independent's Radar magazine — though he might just be trying to butter up a British outlet. "I think I need to spend more time in London, or just move around a bit more. I've been in L.A. for six or seven years or something, and it's weird. The more you stay there, especially as an actor, the more you think you need to be there, that you'll be missing out on something by leaving, but you are not, really." L.A., stop scaring off all the sensitive British boys, or the U.K. will start sending back the celebrities it agreed to take off our hands.



Brad Pitt

## Brad's philosophy of blah: According to actor, life is the Pitts, until it isn't

It's coming up on Oscar season, and Brad Pitt has a big Second World War drama, *Fury*, coming out that he hopes folks will see. So naturally that means it's time to talk to GQ about his personal life. Like his recent marriage to Angelina Jolie. "I wouldn't say (marriage is) just a title.

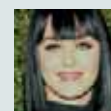
There's more to it than that," he tells the magazine. Yes, but is he happy? "I've always believed happiness is over-rated, you know?" he says. "It's those difficult times that inform the next wonderful time, and it's a series of trade-offs, of events, of wins and losses." OK...

### Twitter



#### @kelly\_clarkson

Having a hard time falling asleep. Can't stop watching my baby girl sleep. I'm addicted to her.



#### @katperry

Does anyone else adopt the mood of the movie they see when they leave the theater... For like a solid two hours?!



#### @pattonoswalt

Red Bull gives you wings, but coffee gives you vengeance.

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# Embrace the changing season

Our bodies respond to the fluctuations in the seasons, so we have to make alterations to our routine, diet and supplement regime. The Canadian Health Food Association (CHFA) has tips to help you prepare for the shorter, colder days ahead.

NEWS CANADA

## Eat in season

With the arrival of autumn, it's always a good idea to change up your diet, adding the delicious foods that the season offers. Fresh pumpkins, yams, squash, sweet potatoes, turnips, apples, pears and figs are all rich in fibre, vitamins and minerals. Pumpkins, squash and root vegetables are abundant in vitamin A and carotenoids, which give them their rich orange colour. Vitamin A and carotenoids are powerful anti-oxidants that can help prevent premature aging and a number of serious illnesses. Make sure to consult The Dirty Dozen and the Clean 15 online to know which fruits and vegetables are the most and least contaminated by pesticides.



## Detox and supplement in season

We think of spring as the perfect season for cleansing and spring cleaning, but it's just as important in the fall.

A fall detox cleanse will help to stave off seasonal colds, keep your immune system healthy, and prepare you for the colder months ahead.

Visit your local health food retailer, where you can find a number of detox solutions, including teas and supplements, as well as several fall detoxifying foods, such as organic apples and beets.

With the changing season, now is also the perfect time to boost your immune system. As we start spending more time indoors, cold and flu bugs spread with more ease. Garlic pills, probiotics, vitamins B, C and D, E3 and Zinc are all powerful supplements that will help boost your immune system and help you fight off the nasty bugs that spread in autumn and winter.



## Boost your mood this season

As many as 20 per cent of Canadians are affected by seasonal affective disorder (SAD); commonly known as the winter blues. This is a physiological mood disorder that causes depressive symptoms during fall and winter, impacting people that have normal mental health throughout the rest of the year. To cope with the blues, make sure you are getting enough vitamin D, which is known to boost mood. In fall and winter, we can't produce this vitamin because of the lack of exposure to UV rays from the sun. It's a good idea to talk to your healthcare practitioner about the benefits of taking a vitamin D supplement.



## Embrace the season

In between the rainy and windy days of autumn, the sun peeks through just as often. Fall days are made more beautiful with changing leaves and the warm sun. Autumn is filled with beauty. Embrace it and enjoy it before the long cold weather takes over. Take part in fall activities with your family, such as apple picking or local fall fairs.

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Weeknights at 6 Jillian counts down the HOTTEST songs of the day

- 6 Shawn Mendes  
Life of The Party
- 5 Jeremih ft YG  
Don't Tell 'em
- 4 Meghan Trainor  
All About That Bass
- 3 Iggy Azalea ft Rita Ora  
Black Widow
- 2 Katy Perry  
This is How We Do
- 1 Taylor Swift  
Shake It Off

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# 20 years of business for Encore Decor

## Specializes in linens, window coverings, in-store alterations

With its focus on providing exceptional personalized service, affordability, product knowledge, and quality, Encore Decor has carved out a niche for the past 20 years as a one-stop shop offering window treatments, home decorating products, and bed linens.

The business is located at 650 Portland St., inside the Portland Street Superstore Mall, and is open seven days a week.

As a 2,000 square-foot retailer, Encore Decor has great product selection with hundreds of ready-made curtains, new bedding arriving daily, and custom Levolor blinds.

Clients appreciate the time the experienced Encore Decor staff take to help them find the ideal solution for their home decorating needs.

In fact, owner Kelly Wall recommends people bring in pictures of their home, as well as some approximate measurements.

"We will sit down with you and help you pick out the perfect duvet cover or quilt, some great curtains to co-ordinate or the perfect blind to go with your new sofa," she says.

One of Encore Decor's biggest selling points is in-store alterations. For a minimal cost, a curtain can be shortened or turned into a valance, and a bed skirt can be adjusted for a low-profile box spring.

This speeds up turn-

## THEIR FACEBOOK PAGE HAS SPECIALS

Encore Decor's Facebook page is a busy spot. The business posts pictures of new products and lets people know what specials are happening, and provides other useful information, such as helpful tips when purchasing a down duvet.

around times and ensures the company does the job right the first time.

Wall also travels regularly to North American trade shows to purchase the latest trends in curtains and luxury bedding. Most of the company's suppliers are exclusive to Encore Decor in Atlantic Canada.

The company also places a strong emphasis on affordability.

"I don't carry anything in the store that I would have to sell for more than other



CONTRIBUTED

retailers," says Wall. As part of this, Encore Decor brings in deeply-discounted over-stock from the U.S.

For example, it sells top-of-the-line duvets for a third of what other retailers sell

them for. For bed linens, Encore Decor can help you find sheets for a 22-inch mattress and super king bedding for luxurious, new, oversized beds.

Visit [encoredecorinteriors.ca](http://encoredecorinteriors.ca).

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# For dinner this week, try chicken with a whisper of sweet nothings

## Health Solutions

*If it looks and tastes like sugar, it could be Xylitol*



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

With the World Health Organization recommending a reduction in sugar to a daily maximum of six teaspoons, you want to find every way possible to cut it out. And many will max out before they even finish their coffee quota.

As far as artificial sweeteners go, some may contribute to blood-sugar levels. Other common complaints are how some leave a bitter taste and can't easily be used in baking. Hmm.

Have you heard about Xylitol? It's derived from the sugar molecule, but only has one portion of the entire composition.

The net result is that it's lower

on the glycemic index, which makes it safe for diabetics. It also has 33 per cent less calories than sugar.

Canada-born Xyla (xylitol's consumer-friendly name) is derived from hardwood and "is an easy and all-natural way to indulge in your favourite sweets without all the calories and blood sugar spikes," says Julie Reid of Xylitol Canada Inc.

"Xyla looks like sugar, tastes like sugar and bakes like sugar and can be swapped 1:1 in any recipe."

But unlike sugar, there are actual benefits to its consumption.

It blew me away to discover that Xyla protects tooth enamel by changing the pH of saliva. It has also been shown to prevent ear infections in children.

Xyla is used in products like sugar-free ketchup, toothpaste and mouthwash. Sounds like a good swap to make just before the Halloween Sugar Cavity Monster comes knocking.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



**START TO FINISH**  
30 MINUTES

This recipe serves four. THERESA ALBERT

**Sugar-Free Sweet Garlic Chicken.** Classic Asian-inspired flavours make this dish an ideal weeknight option

**THERESA ALBERT**  
myfriendinfood.com

This recipe uses Xyla, a low glycemic, all-natural sugar substitute that tastes and bakes just like sugar —

without the calories, cavities or blood sugar spikes.

It is a quick and simple one-pot meal that starts on the stovetop and results in a sticky, sweet Asian flavoured meal.

1. Preheat oven to 425 F.

2. Preheat a cast iron skillet and rub with oil. Brown the chicken drumsticks over high heat and remove, set aside. Wipe any fat from pan and add the sliced mushrooms to brown. Stir in peppers.

3. For the sauce, mix together Xyla, ginger powder, soy sauce, sesame oil and water.

4. Add chicken back to pan and pour sauce over. Turn chicken in mushroom-sauce mixture and place into oven to bake

for 15-20 minutes until cooked through. Serve with steamed rice.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

## Ingredients

- 1 tsp grapeseed oil
- 2 lbs chicken drumsticks
- 1 lb sliced mushrooms
- 2 red bell peppers, chopped
- 1/8 cup Xyla
- 1 tsp dry ginger powder
- 1/8 cup low sodium soy sauce
- 2-3 drops sesame oil
- 1/4 cup water

# How totally cheesy of you

This easy, cheesy veggie dish will satisfy even picky eaters. Try Gruyère, Emmenthal or Swiss cheese, depending on your family's preference.

1. Melt butter in a small saucepan over medium heat. Add flour; cook and stir for 1 minute. Whisk in almond beverage until smooth then add

Dijon, onion powder and herbs. Cook over low heat for 5 minutes to thicken slightly.

2. Add cheese, a little at a time,

cooking for 2 to 3 minutes or until cheese is melted, stirring frequently. Season with garlic salt and pepper and set aside and keep warm.

3. Place vegetables in a medium glass bowl and add 1/2-inch water. Cover and microwave on High for 6 minutes or until crisp-tender. Drain well and transfer to a serving bowl. Pour warm cheese sauce over top and sprinkle with crushed crackers. Serve immediately.

**BLUE DIAMOND GROWERS**

## Ingredients

- 1 tbsp (15 ml) butter
- 1 tbsp (15 ml) flour
- 3/4 cup (175 ml) Almond Breeze® Original
- 1 tsp (5 ml) Dijon mustard
- 1 tsp (5 ml) onion powder
- 1/4 tsp (1 ml) herbs de Provence
- 1 cup (250 ml) shredded Swiss Light cheese
- Garlic salt and pepper, to taste
- 6 cups (1.5 l) bite-size chunks fresh vegetables (such as bell peppers, broccoli, cauliflower, squash, carrots and torn fresh kale)
- 12 Blue Diamond® Almond Cheddar Nut Thins crackers, crushed

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metro

# FALL FUN

Tuesday, September 30, 2014



A sultan and his harem are seen hanging out, scarecrow style, at a previous year's Great Scarecrow Festival and Antique Fair.



It's girls' night out for these scarecrow babes.



Yarrrr! There better be some treasure for these scarecrows.



These scarecrows, depicting a Russian couple, are pictured from a previous Scarecrow Festival. CONTRIBUTED PHOTOS

## Scarecrows, and livestock, and pumpkins, oh my

**Get out there.** Take in the sights, sounds, and smells of the country at fall fairs and festivals all around the Halifax region

JENNIFER  
TAPLIN  
For Metro

It's full-on fall fair season and many communities are gearing up.

Mahone Bay, the postcard-perfect town of the three churches, is getting ready for

the 18th annual Great Scarecrow Festival and Antique Fair, Oct. 3-5. Lara Carrigan, festival director, said it's one of the biggest fall fairs in the province. About 10,000 people attended last year.

"The natural beauty of the leaves changing and warm sunny afternoons ... I think it's just the perfect setup for a fall festival," she said.

The Amazing Race Canada stopped at the festival for a challenge last year. The scarecrows the racers put together were a big draw last year, and promise to be again this year.

There will also be some new scarecrows in town.

"This year we've got really beautiful classic fairy tale scarecrows and we have a local poet and author who is going to be reading to the kids as they sit around the fairy tale scarecrows," Carrigan said.

One of the most popular scarecrow displays, the Royal Family, will have a little addition to be. Carrigan said festival organizers like to stay current, so the scarecrow homage to Catherine, Duchess of Cambridge, will have a baby bump.

"We have a big following of people every year who come to Mahone Bay to find

out where we've set up the Royal Family because it changes every year," Carrigan said.

The festival is big business for the local shops, but it's more than that, Carrigan said. It showcases Mahone Bay to people who might want to move there like Carrigan did, who is a Los Angeles transplant.

The Scarecrow Festival is by no means the only game in town.

The 2014 Maritime Fall Fair, which runs Oct. 9-13 at Exhibition Park in Halifax, features a midway, livestock judging, trade show, and

### Not to be missed

- Over in Eastern Passage at Fisherman's Cove on Oct. 4, the Seaside Harvest Festival features entertainment, games, a corn boil, crafts, and much more.
- Getting a jump on the holidays, the Dartmouth Handcrafters Guild Christmas Craft Festival is planned for Oct. 24-26 at the Dartmouth Sportsplex.

many other family-friendly events.

The Maritime Fall Fair is a long-running fall tradition in HRM. It opened in 1963 as the Atlantic Winter Fair and took place at various venues before settling down at the Exhibition Park.

It changed names to the Maritime Fall Fair 14 years ago in 1999.

The multi-day event, which "brings country to the city," showcases Nova Scotian agriculture with many exhibits featuring local vegetables, fruit, and livestock.

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# Get away this fall

**Peaceful.** Experience Mother Nature this holiday Thanksgiving at one of Nova Scotia's destinations

**RICHARD WOODBURY**  
For Metro

With many backwoods, Nova Scotia is the perfect place to get away for a relaxing weekend. The biggest challenge is trying to decide where to stay.

For Lake Echo resident Richard Black, he is a fan of Mersey River Chalets and Nature Retreat, located in Caledonia, just minutes from Kejimikujik National Park.

"It's really peaceful. It's relaxing. It's a great place to unwind, unplug and just get away from everything," he said.

In his eyes, it's pet and family friendly, as well as romantic, so it's got it all.

The site offers many of the things you would expect to find in Nova Scotia, such as canoeing, kayaking, walking trails, and cross-country skiing.

Another peaceful Nova Scotian gem is the Trout Point Lodge, located about an hour from Yarmouth. With a full-time astronomer on staff, plus the appropriate equipment, people can take advantage of the serene surroundings. This year, the lodge added a 16-foot by 16-foot stargazing



The wilderness area surrounding Trout Point Lodge covers 103,780 hectares. CONTRIBUTED

platform and new telescopes, including a solar telescope for daytime use.

"The wilderness and lack of development means nearly zero light pollution, so the stargazing is jaw dropping, especially at this time of year," said Trout Point Lodge's Charles Leary.

It is so good, in fact, that Trout Point Lodge will be designated the world's first certified Starlight Hotel by the Starlight Foundation,

headquartered at the Canaries Astrophysics Institute in Spain. The Starlight Initiative is backed by UNESCO, the International Astronomical Union, and other international organizations.

Trout Point has other perks as well.

"We also offer a respite from the madding crowds. No cell-phone reception, in-room massage, wood-fired hot tub, and riverside sauna," Leary said.

Trout Point even offers

cooking classes, which include an Acadian food component.

A good camping option is the Porters Lake Provincial Park, but you will have to rush since it closes Oct. 13. It has the requisite outdoor Nova Scotia opportunities you would expect, such as boating, canoeing, swimming and fishing. Not only is it minutes from downtown, but the popular Lawrencetown Beach is also close

by. According to novascotia-parks.ca, Porters Lake "has 80 campsites, a picnic area, boat launch and trailer dump station."

One final option is the White Point Beach Resort. A Nova Scotian staple, it was originally built in 1928 as a hunting and fishing lodge. It has just about every kind of activity you can imagine. The numerous bunnies on site are an unusual, but charming, feature for the resort.

## Hiking resources

- There are several guidebooks on Nova Scotia hiking trails available.
- HRM is home to many hiking clubs such as Dartmouth Volksmarch Club and Halifax Adventure Seekers. There are also several naturalist groups for which hiking is just one activities. "There's a group for everyone," said Nancy Parsons of the Chebucto Hiking Club.
- Visit hikenovascotia.com for a list of clubs and trails.

## It's autumn. Take a hike

One of the best ways to embrace fall colours is to go crunching through the leaves on a well-worn hiking trail.

Nancy Parsons, president of the Chebucto Hiking Club, said there are some spectacular HRM trails that are ideal for a fall hike.

"You can't beat the fall colours in Nova Scotia. In October, we're going out to do Crowbar Lake and that's always beautiful in fall colours. We hike year round but fall is my favourite time, for sure. It's the colours and the temperatures."

Chebucto Hiking Club has about 200 members. It has alternating Friday and Saturday hikes with an added walk on Tuesday afternoons for retirees and shift workers. Parsons said they get between 30 and 40 people out during the weekend hikes and 10 to 15 on Tuesdays.

"For me, a lot of it is the socializing with like-minded people and I like to be outside. I joined the club on my own, and I met other people who joined on their own. And we've since hiked all over the world," said Parsons, who has been a member of Chebucto for seven

years. "Being outdoors is what I think we all like."

Her fall trail favourites include Crowbar Lake off of Highway 7, near Porters Lake, Cape Blomidon Trails in the Annapolis Valley, and Blue Mountain in Hammonds Plains. Basically, anywhere where there are hardwoods with a bit of elevation, Parsons recommended.

Another favourite is Piggy's Mountain off of Purcell's Cove Road, she said.

"You can see 360 degrees all around and right out to the Halifax Harbour and Cowie Hill. It's beautiful."



Make sure you are prepared for a fall hike with good hiking boots, wool socks and emergency supplies. CONTRIBUTED

As any good boy scout or experienced hiker knows, it's best to be prepared. Parsons

recommends wearing layers is a must for a fall hike.

JENNIFER TAPLIN/FOR METRO

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More than 300 silly, fun loving pumpkin heads will arrive back in Kentville for their annual October stay starting October 4th. So get ready to be taken back in time to the 1980's. Grab the family, put on some elastic cuffed sweats or a fanny pack, and hit Kentville this October for some totally tubular family fun!

**The Kentville Pumpkin People Festival is on October 4-26, 2014.**



# HRM performing arts. Variety is spice of life

Halifax's bustling fall performing arts season doesn't miss an artistic beat, boasting everything from comic theatre to strenuous ballet.

At Neptune Theatre, Norm Foster's *Mending Fences* brings a touching tale punctuated with snappy one-liners. It's a homecoming story of a son who visits his father for the first time in 13 years. *Mending Fences* runs Oct. 21 to Nov. 9. It's followed by *Billy Bishop Goes to War* (Nov. 4-23), which captures the life of Canada's famous First World War fighter pilot.

Nova Scotia playwright Catherine Banks brings *It Is Solved By Walking to Neptune Theatre Scotiabank Studio* from Oct. 2-5. The play is framed by American poet Wallace Stevens' brilliant and enigmatic poem, *Thirteen Ways of Looking at a Blackbird*.

At the Bus Stop Theatre, laugh and learn with Tom Stoppard's celebrated *Rosencrantz and Guildenstern Are Dead*. Go now, as the run ends Oct. 5.



Natalie MacMaster will make a guest appearance with Symphony Nova Scotia on Oct. 3 and 4 at Halifax's Rebecca Cohn Auditorium. TORSTAR NEWS SERVICE

Symphony Nova Scotia has a couple of fall events. Cape Breton's own Natalie MacMaster joins the symphony for a foot-stomping performance of jigs, reels and strathspeys. MacMaster will play with the symphony on Oct. 3-4 at the Rebecca Cohn Auditorium.

## Alice the Ballet

- The Maritime Conservatory of Performing Arts presents two performances of *Alice the Ballet* on Oct. 25. The piece combines elements of Lewis Carroll's *Alice in Wonderland* and *Through the Looking Glass*. The ballet will be held at the Bella Rose Arts Centre at 1 p.m. and 3 p.m.

On Oct. 16 (Rebecca Cohn Auditorium, Halifax) and Oct. 19 (Alderney Landing Theatre, Dartmouth), Symphony Nova Scotia presents Martin Beaver plays Bruch. Legendary Canadian violinist Martin Beaver will do just that — play Max Bruch's rich Violin Concerto in G minor. Conductor Bernhard Gueller will also lead performances of Brahms: Haydn Variations and Mendelssohn: Symphony No. 3 Scottish.

JOHN TATTIE/FOR METRO



Welterweights Rory MacDonald, left, and Tarec Saffiedine flank UFC executive Tom Wright at a news conference in Halifax earlier this year. The Ultimate Fighting Championship makes its Atlantic Canada debut with UFC Fight Night Saturday. ANDREW VAUGHAN/THE CANADIAN PRESS

# Halifax prepared to grab the spotlight

**'Monstrous event.'**  
Brace yourselves, the fight card is loaded for UFC's debut in HRM

another up-and-coming Canadian UFC star has top billing. No. 2-ranked UFC Canada welterweight Rory MacDonald will take on Belgian Tarec Saffiedine in the headline match.

The UFC event taking place Saturday at the recently rebranded Scotiabank Centre (formerly known as Halifax Metro Centre) is one of the biggest UFC matches of the year, and a huge coup for Halifax, said Trade Centre Limited president and CEO Scott Ferguson.

"It's a major event for us," he said. "We're very excited."

Ferguson says the match came about because of a long-time relationship that Trade Centre Limited has with UFC Canada director and former CFL commissioner Tom Wright. "We have a history with Tom that goes back to his CFL days — since 2005

when we brought the Touchdown Atlantic game to Halifax. He knows us and trusts us to deliver a great event."

That trust is vital, Ferguson said, because UFC Canada has a lot riding on the success of the Halifax event.

"This is a major event for them, and their brand and their reputation are on the line."

It appears that Wright's trust is well placed. Ferguson says the event will be a sell-out and arguably the highlight of a Scotiabank Centre year that has already seen Davis Cup Tennis, another dramatic Halifax Mooseheads season, and a string of major concerts.

"It's going to be a monstrous event," he said. "The doors open up at 7 p.m. and the fans aren't going to get out of here until about two o'clock in the morning."

TOM MASON  
For Metro

In a small, urban community that has produced more than its share of high-profile athletes in recent years, Cole Harbour's TJ Grant probably doesn't get as much attention as he deserves when he walks down the streets of his hometown. But in the world of UFC fandom, the mixed martial arts fighter is famous indeed. Grant is currently ranked fourth in the world in his sport.

While Grant is nursing an injury and won't be taking part in UFC Fight Night,



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Art Gallery of Nova Scotia



# Wandering in festival wonder

RICHARD  
WOODBURY  
For Metro

Ghosts, music, art and sci-fi are just a few of the things that will be celebrated this fall with festivals in Metro Halifax and Dartmouth.

The Bluenose Ghosts Festival starts Oct. 3 and wraps up Nov. 1, with some dates off in between. The event pays homage to Dr. Helen Creighton, who spent most of her life in Dartmouth, and is well-known for her book *Bluenose Ghosts*. The events include a haunted house and a cemetery tour where people can use their smartphones to scan QR codes to learn about the history of the Geary Street Cemetery.

City streets will come alive at Nocturne: Art at Night on Oct. 18. The free event runs from 6 p.m. to midnight and "showcases and celebrates the visual arts scene in Halifax," says its website. Head downtown and wander in wonder as artists inhabit the streets and

## Music for all

**"We take a lot of pride in the fact we bring a lot of musical diversity to the city every year."**

James Boyle, Halifax Pop Explosion executive director

buildings of downtown Halifax and Dartmouth. Want to be a Nocturne volunteer? An information session takes place Oct. 6. Get details at [nocturnehalifax.ca](http://nocturnehalifax.ca).

One of the rowdier fall festivals is the Halifax Pop Explosion. The five-day music festival presents 200 bands in 20 venues and attracts more than 30,000 fans. Some of the acts on this year's bill include Zeds Dead, Mo'Nique, Ghostface Killah, Raekwon, and Ryan Hemsworth. Polaris Music Prize winner Tanya Tagaq will also take the stage. Past acts have included Arcade Fire, Broken Social Scene, and Dan Mangan.

"We take a lot of pride in the



Emmy-nominated actress Morena Baccarin, from the TV show *Homeland*, is scheduled to attend Hal-Con, Nov. 7-9. CONTRIBUTED

fact we bring a lot of musical diversity to the city every year," said James Boyle, Halifax Pop Explosion's executive director.

Some of the genres on this year's bill include rock, hip hop, folk, and electronic.

This year's festival runs from Oct. 21 to 25 and, for the first time, will include an all-ages component with shows at the Halifax Forum Multi-Purpose Centre.

"The all-ages music scene



Halifax Pop Explosion, a five-day music festival that features 200 bands, runs from Oct. 21-25. CONTRIBUTED

needs something and we're really excited to bring it to them," Boyle said.

One final festival is Hal-Con,

a sci-fi, fantasy, and gaming convention where people unleash their inner (or outer) geek. The event attracts many celebrities,

including Kristian Nairn, Morena Baccarin, Garrett Wang, and Mark Sheppard. Hal-Con runs from Nov. 7 to 9.



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NBL Canada

## Rainmen continue to bolster roster

The Halifax Rainmen have made yet another signing, announcing Monday that six-foot-eight wing player Mike Martin is joining the National Basketball League of Canada franchise.

Martin played college ball at Chico State University, the same school Rainmen owner Andre Livingston suited up for.

At Chico State, Martin average 16 points per game, along with six rebounds, and shot 44 per cent from three-point range.

More recently, Rainmen sources say, Martin played overseas in Australia and Egypt, where he averaged more than 20 points and seven boards.

Martin is just the latest in a string of signings by the team. In total, Halifax has seven players under contract for the upcoming season. **METRO**

Broadcast studio

## Hockey Night in Canada moves into new digs

The iconic "Hockey Night in Canada" show is getting an expensive new home.

Rogers Sportsnet unveiled its new \$4.5-million Hockey Central studio on Monday. The flashy, modern studio will make its debut Oct. 8 when the NHL season opens and will anchor Rogers' NHL broadcast package, which includes "Hockey Night in Canada."

The studio, located on the 10th floor of the CBC broadcast centre in downtown Toronto, is 1,022 square metres and contains nine separate sets. **THE CANADIAN PRESS**

Avalanche

## McLeod, Stuart sign contract extensions

The Colorado Avalanche signed forward Cody McLeod and defenceman Brad Stuart to contract extensions Monday.

McLeod's new deal runs through the 2017-18 season, while Stuart's agreement is through 2016-17.

Colorado acquired Stuart on July 1 in a deal with San Jose. **THE ASSOCIATED PRESS**



Maple Leafs forward David Clarkson, right, suffered a fractured orbital bone under his right eye during a fight against the Sabres' Cody McCormick on Friday in Buffalo. GARY WIEPERT/THE ASSOCIATED PRESS

# Leafs falling before change in season

**Exhibition injuries take their toll.** Clarkson should be ready for regular-season opener, Booth expected to miss at least four weeks

Toronto Maple Leafs coach Randy Carlyle met the media Monday afternoon with a piece of paper recording the laundry list of injuries the team is currently saddled with.

The good news is forward David Clarkson, who suffered a fractured orbital bone under his right eye, should be ready for Game 1 of the regular season Oct. 8.

"It does not need surgery so we expect him to practise with our hockey club and be a possibility for Friday," said Carlyle.

Clarkson, who was injured in a fight with Sabres tough guy Cody McCormick during the third period of the Leafs' 6-4 win over Buffalo on Friday, says he has no intention of shy-

The odds

Odds makers are betting that Canada's Stanley Cup drought will extend to 21 seasons. Here are Bodog.ca's odds of the seven Canadian teams winning a championship.

- Canadiens: 18-1
- Canucks: 33-1

- Maple Leafs: 40-1
- Oilers: 50-1
- Senators: 66-1
- Jets: 66-1
- Flames: 75-1

ing away from fighting when needed.

"I'm not going to change my game because of something like that. It was the first time it's happened to me," he said. "I was hitting that reset button getting ready and I'm still getting ready. I'm getting ready to start, but those are those fluky things."

"I'm not going to change the way I play because of it; it's just one of those things that happen."

Clarkson is in the process of figuring out appropriate facial protection, likely a visor or full

cage, for when he returns to the ice.

The news isn't as good for David Booth.

The winger suffered a fractured foot after blocking a shot during the first period of Sunday's 3-2 shootout win over the Sabres.

Despite playing another six minutes in the second period, Booth is expected to miss at least four weeks.

Cody Franson's situation is still uncertain at the moment.

The Leafs defenceman was pushed from behind into the end boards by Torrey Mitchell

during the third period of Sunday's game and needed help off the ice while putting no weight on his left leg.

Carlyle says Franson suffered a bruised left knee, but that he still needs further assessment. Franson was scheduled to meet with doctors Monday.

"I don't know if it's above his knee or below his knee or right into the knee," said Carlyle. "His knee went underneath him and he banged into the boards. We're still trying to wait for the swelling to come down."

"We'll have to wait till they get a proper assessment. They feel there's no broken bones in there." **THE CANADIAN PRESS**

More cuts to come

# 29

Following a round of cuts that included the likes of defenceman Henrik Tallinder and goaltender Antoine Bibeau, the Leafs have 29 players on their roster, which needs to be reduced to 23 on Oct. 7.

# 4 SPORTS





## Popping a bottle on pre-season

Houston centre Dwight Howard gets sprayed during Rockets media day on Monday. Scan the image with your Metro News app to see some of the top media day images from around the NBA on Monday. DAVID J. PHILLIP/THE ASSOCIATED PRESS



### Losing control?

## Harbaugh says rumours are 'a bunch of crap'

Jim Harbaugh has no time for Deion Sanders, Trent Dilfer or others who question whether the fourth-year coach has lost his locker-room or the faith of his players.

In an NFL Network show Sunday, Sanders said of 49ers players: "They want him out. They're not on the same page."

"Personally I think that's a bunch of crap," Harbaugh responded Monday. "People say what they say."

Analyst Dilfer offered Monday on ESPN Radio that, "I do think it's become almost toxic."

Harbaugh is in the fourth season of his original \$25-million, five-year contract he signed in January 2011 when he left Stanford to become the 49ers coach.

THE ASSOCIATED PRESS

### Bills

## Marrone pulls Manuel

Buffalo Bills coach Doug Marrone benched starting quarterback EJ Manuel on Monday, one day after the former first-round draft pick completed fewer than half his passes and threw two interceptions in a loss to Houston.

Marrone said Kyle Orton will start Sunday's game against the Detroit Lions. The Bills signed Orton on Aug. 30 to back up Manuel.

Manuel was the Bills' first-round draft pick in 2013 and had started 14 games over the past two seasons.

He had a season-low quarterback rating of 59.4 and threw an interception to J.J. Watt that was returned for a momentum-changing touchdown Sunday during the Bills' 23-17 loss.

THE ASSOCIATED PRESS

# A's, Royals went all in for this moment

**MLB.** Marquee starters set to square off in Kansas City with spot in ALDS on the line

The Kansas City Royals made one of the boldest trades in franchise history two years ago. The Oakland Athletics made a similarly aggressive move just a couple of months ago.

The results of both will be in the spotlight Tuesday night.

For the Royals, it's "Big Game James" — James Shields, the centrepiece of a deal with the Tampa Bay Rays that finally pushed the long-downtrodden franchise into the post-season for the first time in 29 years. For the A's, it's Jon Lester — the post-season star of the Red Sox last season who was acquired by Oakland at the trading deadline just for this moment.

The one-game AL wild-card playoff. The winner advances to face the Los Angeles Angels in the best-of-five division series Thursday. Loser goes home.

"I've only been here for two years," Shields said Monday, "but when I got traded over here, I knew the magnitude of what this organization was headed for. And when I got here, walking around the city and talking to the fans and really relishing the 29 years, it's a special moment."

The teams share plenty of similarities: Pop-gun offences backed by strong starting pitching and two of the dominant bullpens in baseball.

They also share a significant difference: Oakland has plenty of post-season experience, mak-



Starting pitchers Jon Lester, left, and James Shields were brought onto their respective teams at great cost for situations such as Tuesday night's wild-card playoff game in Kansas City, Mis. LEFT: EZRA SHAW, RIGHT: JAMIE SQUIRE/GETTY

### Kansas City's kryptonite?

## 3-0

Jon Lester went 3-0 with a 2.61 ERA against the Royals this season, winning twice in a span of a couple weeks with Oakland. He also no-hit Kansas City in 2008.

ing it three straight years, while Kansas City has languished near the cellar for decades.

That's the biggest reason Royals general manager Dayton Moore got Shields and reliever Wade Davis prior to last season, trading soon-to-be AL Rookie of the Year Wil Myers and pitching prospect Jake Odorizzi to Tampa Bay.

Shields has delivered, pitching to a 2.31 ERA this Septem-

ber, and the Royals have won four of his starts in some high-pressure games.

"If you sit back and look at it, it means everything. It was the trade that got us over the hump," Royals manager Ned Yost said. "Would we be in this situation without James Shields and Wade Davis? No. In my mind, the trade did exactly what we hoped it would do."

A's general manager Billy Beane had been stung by post-season disappointments, and he coveted a horse for high-leverage games.

The move Beane made for Lester on July 31, shipping slugger Yoenis Cespedes to Boston, raised eyebrows around the league. And while the Oakland offence took a hit, Lester has

done his part. He is 6-4 with a 2.35 ERA in 11 starts since he arrived in the Bay Area.

Now, he gets another opportunity to pitch in the post-season.

"We have a great opportunity ahead of us," said Lester, who some thought should have been the MVP of last year's World Series, when he went 2-0 with an 0.59 ERA against St. Louis.

Tuesday night will mark Lester's 12th start and 14th post-season appearance.

"We're going to give it the best shot we can and hopefully at the end of the day we're doing this again," he said. "You never know what's going to happen. This could be my last chance." THE ASSOCIATED PRESS



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### Horoscopes by Sally Brompton

#### ♈ Aries

**March 21 - April 20**

No matter how hard it may be to master a new technique you will do so eventually, so keep at it and don't give up.

#### ♉ Taurus

**April 21 - May 21**

Make an effort to tackle routine matters today. Yes, of course, they are boring but if you don't get them out of the way now they will continue to nag at you.

#### ♊ Gemini

**May 22 - June 21**

Don't stay silent just because you worry you might upset someone who has the power to make life difficult. Chances are they respect your opinions more than you realize.

#### ♋ Cancer

**June 22 - July 23**

You need to think deeply about important matters today but you also need to keep whatever conclusions you reach to yourself, at least for the time being.

#### ♌ Leo

**July 24 - Aug. 23**

Why are you worrying so much about what might go wrong when just about everything in your life is going right? Maybe you fear your lucky streak will end. It won't.

#### ♍ Virgo

**Aug. 24 - Sept. 23**

A complicated and confusing situation will get even more complicated and confusing. So the best thing you can do is focus on something else.

#### ♎ Libra

**Sept. 24 - Oct. 23**

You know what needs to be done to improve a relationship — so do it. A week from now, a lunar eclipse in your opposite sign will challenge both of you, so make sure the bonds of love are strong.

#### ♏ Scorpio

**Oct. 24 - Nov. 22**

Don't give up on a new enterprise because it is more difficult than you expected. You know the more you practice something, the easier it becomes, so give it time.

#### ♐ Sagittarius

**Nov. 23 - Dec. 21**

You may find it hard to put your point of view across today, but that's okay. There is nothing that needs to be said. Read more, talk less!

#### ♑ Capricorn

**Dec. 22 - Jan. 20**

You are in a serious mood at the moment and may even be searching for the meaning of life. Something right in front of you will answer all those deep questions you have.

#### ♒ Aquarius

**Jan. 21 - Feb. 19**

You have no end of talent but you need to add patience and hard work to the mix if you expect to be a success.

#### ♓ Pisces

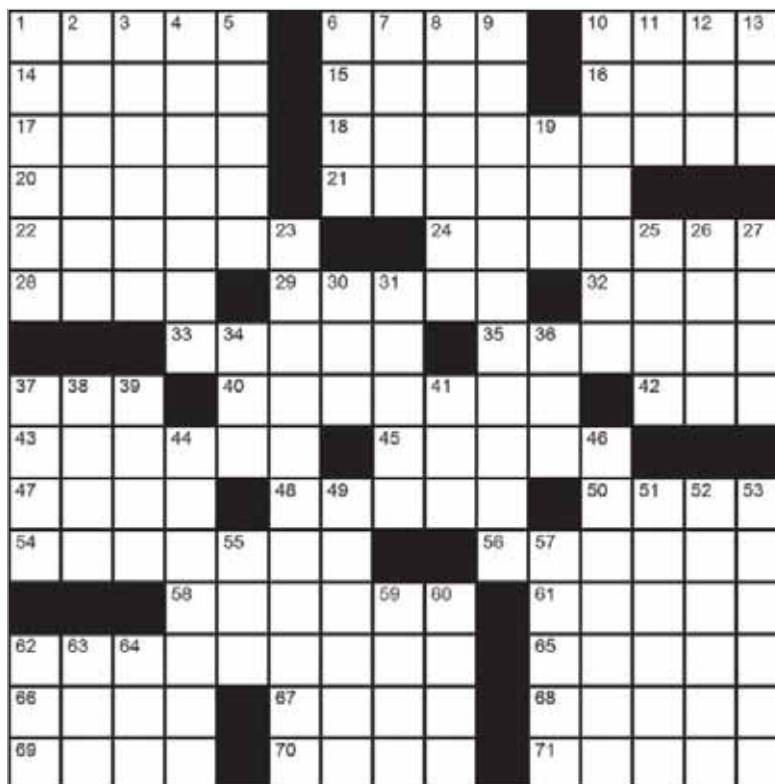
**Feb. 20 - March 20**

There will be moments today when you wonder if your efforts are truly appreciated but don't let the apparent indifference of friends and loved ones get you down.

### Crossword: Canada Across and Down by Kelly Ann Buchanan

#### Across

1. Allan \_\_, Republic of Doyle star
6. Intertwine
10. Valerie \_\_ (Officer Wendy Sung on Motive)
14. Literature's T.S.
15. One being conned
16. Customer's slip [abbr.]
17. Aware
18. #10-Down's team, Cleveland \_\_
20. Edible seaweed
21. Red Hot Chili Peppers' Anthony
22. Selects a dish
24. Player listings
28. Arboreal dwelling
29. CEO's 'C'
32. 'Chick' suffix
33. 'Murdered' mythologically
35. Canadian journalist Rinaldo
37. Feline
40. Cdn. actor Will's
42. Mad Men creations, briefly
43. As an assembled abode
45. Gleans
47. 'Air'-meaning prefix
48. Eight member group
50. '80s hit: "(I Just) Died in Your \_\_"
54. Tuscany's marble city
56. Vowel-friendly



- Ontario village
58. Broccoli bloom
61. Perspective
62. Components of
- Elvis Presley's look
65. Formally boring
66. Jai's court partner

67. Prefix to 'byte'
68. Third canonical hour
69. Hull's 'hundred'
70. Munich mister
71. No \_\_ Salt (Food label info)

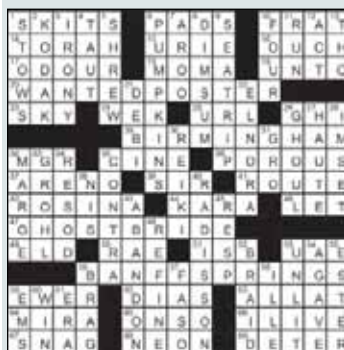
#### Down

1. Way to face a problem: 2 wds.
2. Beauty magazine
3. Handles
4. Gone with the Wind undergarments

5. River rollicker
6. Goo
7. Mr. Morales
8. \_\_ weather warning
9. The Queen, in Canada: 3 wds.
10. Canadian basket-

- ball star Thompson
11. Soda cooler
12. Spring month
13. Late-shift times (abbr.)
19. ' \_\_ ' for Labrador
23. Where Mike Myers was born; or, Simon & Garfunkel's 'Fair' song
25. Scandinavian story
26. Cdn. actress Fiona
27. Dates
30. Q. "Is there an ' \_\_ ' #23-Down's answer?" A. "Yes, it's the last letter."
31. Torpid
34. California baseball team [acronym]
36. Cleopatra's snake
37. Politics channel
38. Nevada's \_\_ 51
39. Yukon, e.g.
41. \_\_ it up (golf)
44. Give up due to a penalty
46. Canonized
49. Sex and the City character
51. Consider
52. Newman/Field's "Absence of \_\_"
53. Finished as Elvis' blue shoes
55. Nite And Day: 1988 hit for \_\_. Sure!
57. Bob Marley album: " \_\_ Revolution"
59. Mechanical \_\_
60. Ivan's terrible gig
62. NBA's Kings
63. \_\_-de-France
64. Roseanne hubby

### Yesterday's Crossword



#### Online

See today's answers at  
[metronews.ca/answers](http://metronews.ca/answers)



### Sudoku

#### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

### Yesterday's Sudoku



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